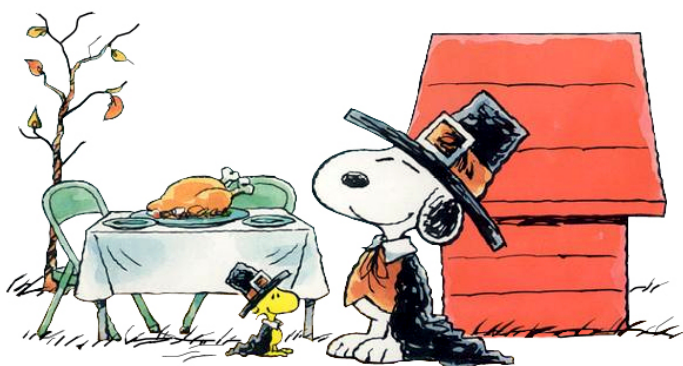


# the Kingsport Senior Center News



## Thanksgiving Lunch 2015



Don't miss our Thanksgiving Luncheon! Please make sure to bring a side dish to feed 10-12 people. Door prizes will be given. You can sign up now in the front office.

## Save the Date: Mark Your Calendars

The Kingsport Senior Center will be closed November 26-28 for Thanksgiving Holiday



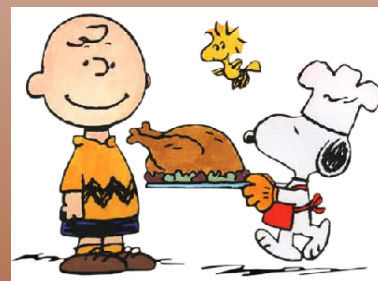
Crock-Pot Cook-Off Friday, November 13, 2015(See page 5 for more detail)

Tuesday,  
November 24,  
2015

Gym

11:30am-1:00pm

Bring a side dish  
to share



**Kingsport Senior Center Staff**

- **Director-** Shirley Buchanan  
[Shirleybuchanan@kingsporttn.gov](mailto:Shirleybuchanan@kingsporttn.gov)  
392-8403
- **Branch Coordinator-** Michelle Tolbert  
[michelletolbert@kingsporttn.gov](mailto:michelletolbert@kingsporttn.gov)  
392-8404
- **Wellness Coordinator-** Kevin Lytle  
[kevinlytle@kingsporttn.gov](mailto:kevinlytle@kingsporttn.gov)  
392-8407
- **Program Leader-** Amber Quillen  
[amberquillen@kingsporttn.gov](mailto:amberquillen@kingsporttn.gov)  
392-8402
- **Program Leader-**Lori Calhoun  
[loricalhoun@kingsporttn.gov](mailto:loricalhoun@kingsporttn.gov)  
392-8405 **FAX** 224-2488
- **Program Assistant-** Jane Whitson  
[janewhitson@kingsporttn.gov](mailto:janewhitson@kingsporttn.gov)  
392-8406
- **Program Assistant-** Megan Marrow  
[meganmarrow@kingsporttn.gov](mailto:meganmarrow@kingsporttn.gov)  
343-9713
- **Nutrition Site Manager-**  
Sutonia Sizemore  
246-8060

## Center News

**The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments and questions from members.**

## Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

## Membership Dues

For Fiscal year: July 1, 2015-June 30, 2016

\$15- Kingsport Residents

\$35- Sullivan County Residents

\$60- Out-of-County Residents

## Location and Hours of Operation

**Main Site: Renaissance Building: (423) 392-8400**

1200 E. Center Street

Kingsport, TN 37660

**Hours of Operation:**

Monday-Friday 8:00am-7:00pm; Saturday 9:00am-Noon

[www.kptseniors.net](http://www.kptseniors.net)

**Lynn View Branch Site: (423) 765-9047**

257 Walker Street

Kingsport, TN 37665

**Hours of Operation:**

Monday-Friday 9:00am-2:00pm

**\*The exercise room and computer lab will close 15 minutes prior to the closing of the Center.**



# WELLNESS

## Seminars

**Diagnosis Diabetes: Now What?** Duke Tumlin, PharmD with Cave's Drug Store will be at the Center on **Thursday, November 5, 2015** at 10:30 A.M. in the Card Room. Topic of discussion will be "Diagnosis Diabetes: Now What?": You've been diagnosed with diabetes or pre-diabetes... what's the next step? From learning healthy ways to prepare meals to knowing how to test your blood sugar, there is vital information you need to know in order to keep your diabetes in control. In this month's highly anticipated class, we'll discuss this information! This is an event you will not want to miss, so mark your calendar and plan to attend!

**Are You Taking Too Many Meds?:** Dr. Josh Brintle with ETSU Family Physicians of Kingsport will be at the Center on **Tuesday, November 10, 2015** at 10:30 A.M. in the Card Room. Topic of discussion will be "Are You Taking Too Many Meds?": This seminar will discuss the risks and benefits of medications in the older adult population, and what can the patient do about wanting to take fewer medications. This is an event you will not want to miss, so mark your calendar and plan to attend!

**Essential Tremors:** Dr. Katie Croteau with ETSU Family Physicians of Kingsport will be at the Center on **Tuesday, November 17, 2015** at 10:30 A.M. in the Card Room. Topic of discussion will be "Essential Tremors?": This seminar will discuss the causes, symptoms and treatments of essential tremors. This is an event you will not want to miss, so mark your calendar and plan to attend!

## Blow Off High BP

**The Symptom:** Your blood pressure reading is often higher in a doctor's office than at home. Blame white-coat hypertension, a spike in BP brought on by the stress of seeing your M.D.

**The Prescription:** Before you're cuffed, take three to four deep breaths over 30 seconds. In a Croatian study, people who did this lowered their systolic BP by 15 points. Deep breathing slows your heart rate, which in turn triggers the reflexes that control blood pressure to bring it down accordingly, the researchers say.

## Quotes To Turn Your Day Around

~ Years may wrinkle the **SKIN**, but to give up enthusiasm wrinkles the **SOUL**. – Samuel Ullman

~ Aging is not lost youth but a new stage of opportunity and strength. –Betty Friedan

## Bowling For Turkeys

Come join us for a day of fun bowling at Warpath Lanes on Monday, November 23, 2015 at 12:30 P.M. Remember you don't have to be an every day bowler to participate in this tournament, because everyone bowls with two hands on the bowling ball between their legs. We need a minimum of 12 players to sign up for the tournament to be held. Cost of each game is \$2.30 per game and shoes are \$2.25 payable at Warpath Lanes. You will bowl three games with the highest scores being awarded 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place only. Stop by the front office and sign up.

## Tournaments

**Billiards Tournament:** We invite all pool sharks to show off your skills on **Wednesday, November 18, 2015** at 10:00 A.M. in the Billiards Room. The tournament will be an 8-ball tournament, singles play with best of three games and double elimination with a minimum of 12 players to sign up for tournament to be held. Cost is \$2.00 per person, payable the day of the tournament. Prizes will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place only. **Note:** We will play on **four tables** in Billiards Room. Sign up in the office.

**Table Tennis Tournament:** We invite all table tennis players to show off your skills on **Wednesday, December 9, 2015** at 1:00 P.M. in the Gym. This tournament will be doubles playing the best of three games, and double elimination with a minimum of 10 to sign up for tournament to be played. Cost is \$2.00 per person, payable the day of tournament. Prizes for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place only. **Sign up starts on November 9, 2015.**

**Corn Hole Toss Tournament:** Come join us for a corn hole tournament on **Friday, December 18, 2015** at 1:00 P.M. in the gym. This tournament will be doubles playing the best three games, and double elimination with a minimum of 10 to sign up for tournament to be played. Cost is \$2.00 per person, payable the day of the tournament. Prizes for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place only. Sign up starts **Wednesday, November 18, 2015.**

## Slow Down to Slim Down

You don't need heavy exertion to cut your gut: **Low-intensity exercise can deflate your spare tire just as effectively as high-intense exercise can**, suggests a new research published in Annals of Internal Medicine. After six months of treadmill training, the study participants had the same success- 1 ¾ inches less belly whether they burned 600 calories the harder way (in 40 minutes) or the easier way (in 60 minutes). "When it comes to abdominal obesity, intensity makes no difference." Says study author Robert Ross, Ph.D. The "easy" group walked or jogged at 50% of their VO2 max five days a week.

# Daily Activities and Classes at the Center

## Monday:

- Silver Sneakers Classic: 8:15am – Gym
- Basic Tai-Chi: 8:30am- Room 310 (Starts Sept 14)
- Open Woodshop: 8:30am-3:00pm- Woodshop
- Massage Therapy: 9:00am- 3:00pm- Multipurpose Room (appointment only)
- Quilting: 9:00am- Room 303
- Lap Swimming: 8:00am- Aquatics Center
- High Impact Aerobic: 9:15am – Gym
- Camera Club – [www.scphotogroup.com](http://www.scphotogroup.com)
- Happy Day Singers: 9:45am
- Clay, Intermediate: 10:00am- Clay room
- Strength Training: 10:15am- Gym
- Beginning Line Dancing- 11:30am- Gym
- Intermediate Line Dancing- 12:45pm- Gym
- Knitting: 1:00pm- Room 303
- Mahjong: 2:00pm- Card Room
- Table Tennis: 2:00pm- Gym
- Volleyball: 4:00pm- Gym

## Tuesday:

- Massage Therapy: 9:00am-3:00pm- Multipurpose Room (Appointment Only)
- Lap Swimming- 8:00am- Aquatics Center
- Zumba Fitness: 8:15am- Gym
- Open Woodshop- 8:30am- Woodshop
- Mini Cardio: 8:45am- Room 302
- Ceramics: 9:00am- Ceramics room
- Strength Training: 9:30am- Gym
- Basket Weaving: 9:00am- Room 303
- Renaissance Strings: 10:00am- Atrium
- Sing Along: 10:15am- Cafeteria
- Exercise for Everybody- 10:30am- gym
- Beginner Dulcimer: 11:00am- Atrium
- Shuffleboard: 1:00pm- Ceramics Hallway
- Pickleball: 1:00pm- Gym
- Basketball: 4:00pm- Gym

## Wednesday

- SilverSneakers Classic: 8:15am- Gym
- Tai- Chi: 8:30am- Room 310
- Open Woodshop: 8:30am- Woodshop
- Lap Swimming: 8:00am- Aquatics Center
- High Impact Aerobics: 9:15am- Gym
- Clay, Intermediate: 10:00am- Clay Room
- Strength Training: 10:15am- Gym
- Intermediate Clogging: 11:15am- Room 302
- Hand & Foot Card Game: 12:30pm- Card Room
- Belly Dancing: 1:00pm- Room 302
- Table Tennis: 1:00pm- Gym
- Basketball: 4:00pm- Gym

## Thursday:

- Zumba Fitness: 8:15am- Gym
- Mini Cardio: 8:45am- Room 302
- Lap Swimming: 8:00am- Aquatics Center
- Bingo: 9:00am- Cafeteria
- Ceramics: 9:00am- Ceramics Room
- Woodcarving: 9:00am- Room 303
- Strength Training: 9:30am- Gym
- Beginning Clogging: 10:00am- Room 302
- Exercise for Everyone: 10:30am- Gym
- Intermediate Dulcimer: 11:00am- Atrium
- Volleyball Lessons- 11:30am- Gym
- Core and Posture Beginning Belly Dance: 11:30am-Room 302
- Jam Session: 12:30pm- Cafeteria
- Volleyball: 1:00pm- Gym
- Shuffleboard: 1:00pm- Ceramics Hallway
- Piano Lessons: 2:00pm- Multipurpose Room
- Cornhole: 4:00pm- Gym

## Friday:

- SilverSneakers Classic: 8:15am- Gym
- Lap Swimming: 8:00am- Aquatics Center
- Genealogy Club: 9:00am- Computer Lab
- High Impact Aerobics: 9:15am- Gym
- Strength Training: 10:15am- Gym
- Pickleball: 1:00pm- Gym
- Bridge Group: 1:00pm- Atrium
- Basketball- 4:00pm-Gym

## Saturday:

- Basketball: 9:00am- Gym
- Table Tennis: 10:30am- Gym
- Exercise Room: 9:00am-12Noon
- Computer Lab: 9:00am- 12Noon





## Travel and Special Events

**Cake Decorating with Buttercream-** Monday, November 2, 9, 16 and 23rd- Card Room- Cost is \$20.00 for 3 sessions paid to instructor Donna Chmielnik- Supply list available at sign-up. Sign up now.

**Flexibility Class-** Monday's November 2, 9, and 16<sup>th</sup>- Room 302- 1:00pm-2:00pm- Free- Haleigh from ETSU will be teaching a class on improving your flexibility- You will not want to miss this class so sign up now!

**Group Wedding Dances You Should Know-** Have you ever been to a wedding and didn't know any of the group dances? Here is your chance to learn. Haleigh from ETSU will be teaching "Group Wedding Dances You Should Know"- This class will be held on Monday's (November 2, 9, 16<sup>th</sup>) from 2:00pm-3:00pm in room 302- This class is free. The dances you will learn are: Electric Slide, Cupid Shuffle, Wobble, Cha-Cha Slide, Nae Nae, and the Wop- You will not want to miss this class so be sure to sign up now!

**Cake Decorating with Fondant-** Wednesday, November 4, 11, 18, and 25th- Lounge- Cost is \$20.00 for 4 sessions paid to instructor Donna Chmielnik. Supply list available at sign up. Sign up now.

**Bob Ross Style Painting-** Wednesday, November 18, 2015- Room 303- 10:00am-2:00pm- Cost is \$50.00 paid to instructor Jay Holiday- See example in the display case billiards side- Bring your lunch- Supplies provided. Sign up now.

**Beginning Drawing-** Friday, November 20, 2015- Room 303- 1:00pm-4:00pm- Cost is \$20.00 paid to instructor Anne Thwaites- Learn the basics of how to draw- Supply list available at sign up. Sign up begins October 5th.

**Flower Arranging Class: Pumpkin Center Piece-** Thursday, November 19, 2015-Card Room- 10:30am-11:30am- Cost: \$10.00 paid to instructor Susan Valentine- Bring scissors and green container if you have it. Sign up now.

**Medicare Part D- Open Enrollment Event** will be held on Wednesday, November 4 and Wednesday, November 18, 2015 from 9:00am-11:00am in the Computer Lab- ETSU Pharmacy Students will be here with the Area Agency on Aging and Disability to compare personal Medicare D plans. Bring your medication to get the plan most fit for you. This event is free but you must sign up for an appointment in the front office.

**How to Set-up a Facebook and Email Account** will be held every Tuesday and Thursday in October in the Computer Lab from 10:30am-1:30pm. Travis will be available in the Computer Lab each Tuesday and Thursday to help participants set up a Facebook or email account- Sign up now.

**Crock-Pot Cook-off-** Do you have a crock-pot recipe that everyone loves? If so, bring your crock-pot filled with your favorite dish to the Kingsport Senior Center on Friday, November 13, 2015 at 1:00p.m. for our crock-pot cook-off! Prizes will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place; best in taste. Please bring your recipe to share with others also. Sign up now for this fun and tasty event!

**Christmas Tree Decorating Party-** Tuesday, December 1, 2015- 2:00p.m.- Atrium- Please sign up in the front office to help us decorate our 12 ft Christmas tree! Will we have light refreshments and Christmas music playing.

**Allandale "Tacky Sweater" Christmas Party-** Tuesday, December 8, 2015- 6:00p.m.-8:00p.m.- Cost is \$10.00 per ticket and can be purchased in the front office beginning on November 7. Be sure to bring a wrapped \$10.00 gift for the Dirty Santa game. We will have food and piano entertainment.

\*We still have spots available for the Barter Theater trip to see "A Miracle on 34<sup>th</sup> Street" and lunch at Ruby Tuesday on Wednesday, November 25, 2015 from 10:30a.m.-6:00p.m.

## Travel and Special Events

### **Barter Theater Presents: “Jacob Marley’s Christmas Carol”**

Thursday, December 3, 2015

Abingdon, VA

10:30a.m-6:00p.m.

Cost is \$30.00 for ticket and transportation

Lunch will be on your own at Cracker Barrel

“Marley was dead to begin with. That must be clearly understood or nothing wonderful can come of this story.” Finally we get to hear the tale of Dickens’ A Christmas Story told from Marley’s perspective, which is wonderful indeed.

Desperate and locked in torment of his own creation, Marley gets one chance for redemption. He must redeem his former partner, Ebenezer Scrooge. This begins a journey of laughter and terror, redemption and renewal, during which Scrooge’s heart is certainly opened.

**Sign up begins November 5.**

### **OTLB: Ole Barn Restaurant and Christmas Tree Farm**

Friday, December 11, 2015

Johnson City, TN

10:30a.m.-2:30p.m.

Cost: \$20.00 per person

Price includes \$15.00 for meal and \$5.00 for transportation. This is a family style meal that includes the following: Fried Chicken, Country Style Steak and Gravy, Mashed Potatoes, Green Beans, Cole Slaw, and Soup Beans. Desserts included are: Banana Pudding and Holy Cow Cake. Meal comes with bread, coffee, tea or soda. This is also the largest Christmas Tree Farm in TN and members can walk around the farm.



**There are still spots available.**

### **OTLB: Breakfast at Butter My Biscuit Family Restaurant and a trip to the Blackbird Bakery**

Friday, January 8, 2015

Bristol, TN

8:00a.m.-1:00p.m.

Cost: \$8.00 for transportation with lunch on your own.



**Sign up begins November 5.**

### **Winter Ice Solstice at the Niswonger Performing Arts and Dinner Location TBA**

Sunday, February 28, 2015

Greenville, TN

12:30p.m.-7:30p.m.

Cost: \$45.00 for ticket and transportation with dinner on your own

Winter Ice Solstice visits the NPAC stage! For the first time ever at NPAC, experience an event that will have you frozen to your seat with excitement while watching professional ice-skaters glide across the stage in a unique performance like none other. Take a peek into this winter wonderland and enjoy a magical performance the whole family will love!

**Sign up begins November 5.**

## Your Page

### From the Dancing Corner

#### **NOVEMBER DANCE AT THE RENAISSANCE CENTER ON November 13, 2015**

*Kids Our Age* Band will play your favorite dance tunes on Friday, November 13, 2015. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$5.00 per person.

*Kids Our Age* is one of the premier dance bands in the Tri-Cities. They have entertained audiences and dance groups all over Northeast Tennessee and Southwest Virginia for over twenty years. David Riggs is the centerpiece of the group and lead vocalist/guitarist. James Lane is the talented keyboardist and Jim Philyaw is featured on drums. They will play a varied, pleasing mixture of beach music, classic rock, shag tunes, pop favorites and ballroom standards. This trio welcomes song or dance genre requests.

Put this date on your calendar for an enjoyable evening of listening and dancing.



### **Massage Therapy**

Mondays and Tuesdays  
9:00am-3:00pm

Call Barbara Keesecker at 423-735-7475  
to set up your 30-minute appointment  
Cost: \$20.00

### **Kingsport Senior Center Advisory Council Members**

Bruce Shine (Chairman)

Brenda Cunningham

Norma Livesay

Lester Pridemore

Carol Woodard

Pat Breeding

Jean Chang

Carmen Moix

Frances Cottrell

Mary Porter

Sherri Mosley



**Biscuits and Bingo at Lynn View Cafeteria will be held on Thursday, December 10, 2015 from 10:30am-11:30am and is sponsored by Legacy HomeCare. This is a free event you will not want to miss. Sign up by calling Lynn View Branch Site (Monday-Friday 9:00am-2:00pm) at 765-9047**

Please come by the front office to fill out our annual Kingsport Senior Center survey. Your input is greatly appreciated.

## News to Use

We are taking donations for the animal shelter thru the month of December. If you have blankets, food, toys, bedding, etc. please bring them by the front office. Thank you.

### **Thanksgiving Lunch**

Tuesday, November 24, 2015  
Gym

11:30am-1:00pm

Cost: Bring a side dish to share with 10-12 people.

Sign up now.

### **Christmas Lunch**

Tuesday, December 15, 2015  
Gym

11:30am-1:00pm

Cost: Bring a side dish to share with 10-12 people

Sign up begins November 18.

Do you have a Facebook account? If so, please like the Kingsport Senior Center Facebook page. Facebook is a great way to check out what is and will be going on at the Kingsport Senior Center.



Find us on:  
**facebook®**

## **Recipe of the Month**

### **Slow Cooker Peach Cobbler**

(Prep time: 15 min; Cook time: 3 hr 15 min)

#### **Ingredients:**

6 ounces dark brown sugar  
3 ½ ounces rolled oats  
4 ounces all-purpose flour  
½ teaspoon baking powder  
½ teaspoon freshly ground allspice  
½ teaspoon freshly grated nutmeg  
¼ teaspoon kosher salt  
¼ cup unsalted butter, at room temperature, plus extra for the cooker  
20 ounces frozen peach slices

#### **Directions:**

1. Combine the sugar, oats, baking powder, allspice, nutmeg and kosher salt in a large bowl. Add the butter and work into the dry ingredients until a crumbly texture is formed. Fold in the peach slices.
2. Butter the bottom and sides of a 3-quart cooker. Add the mixture to the slow cooker and cook on low for 3 to 3 ½ hours. Serve immediately with vanilla ice cream on top.





## **Computer Classes**

Look for computer classes to start up the first of the year. If you are interested in a particular computer class, please let us know in the front office.

**Wood Burning Wolf Pin-** Wednesday, November 11, 2015- Room 303- 9:00am-12Noon- Must bring your wood burner and all other supplies are provided- You will be making a wolf pin using your wood burning tool- Cost is \$20.00 paid to instructor Sharon Chase day of class- Sign up now. Example is in display case billiards side hallway.

**Christmas Card Painting-** Wednesday, November 18, 2015- Room 303- 9:00am-12noon- Must bring paint brushes and water container and all other supplies will be provided- Cost is \$25.00 paid to instructor Sharon Chase day of class- Sign up now. Example is in display case billiards side hallway.

## **Benefits of Meditation with Lee Stone**



- **Keeps you stress free**
- **Reduces Aging**
- **Adds more hours to your day**
- **Helps you appreciate life more**
- **Helps you feel more connected**
- **Makes you and those around you happier**
- **Improves functioning of your brain**
- **Helps you have a good nights sleep**
- **Improves metabolism and helps with weight**
- **Increases immunity and helps fight disease**
- **Increases your attention span**

This class is taught by Lee Stone on Tuesday and Thursday in room 306 at 9:30am. The cost is \$5.00 per class.

## **Manicures**

Dobyns-Bennett cosmetology students will be at the center on Tuesday, November 10, 2015 to do manicures. Sign up now.

## **Library Book Day**

No Library Book day until further notice.

\*\*We are missing some library books that were checked out or mistakenly picked up and thought the books were free during library book day. The Senior Center is being charged \$821.70 for these books. If you have any of the books please return them to the Kingsport Senior Center office as soon as possible. Thank you.

## **Karaoke**

Tuesday, November 17, 2015  
4:00pm-6:30pm in the cafeteria

## **SMILE: Volunteers Wanted**

Attend SMILE meeting-  
Thursday, November 12 at 2:00pm  
in room 239.

Come and find out about all of our wonderful volunteer opportunities. Contact Michelle at 392-8404 for more information.



# Fall Classes 2015

Classes begin week of August 31, 2015 through week of November 16, 2015 unless otherwise noted.

## Aerobics

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi impact aerobics

## Basic Tai-Chi

- Monday
- Time: 8:30am
- Location: Room 310

This will be led by Pastor Richard. He has practiced tai-chi since 1958 and will teach participants the basics/beginnings of tai-chi. Walk-ins welcome

## Ballroom Video Class

- Tuesday
- Time: 4:30pm-6:00pm
- Room 302
- No instructor, practice on your own

## Basket Weaving

- Tuesday
- Time: 9:00am-12:30pm
- Room 303
- Instructor: Lynne Bowers

## Core & Posture Belly Dance for Beginners (women only)-

- Thursday
- Time: 11:30am-12:30pm
- Location: Room 302
- Instructor: Angela Price

## Belly Dancing- (Women Only) Wednesday

- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your core and abdominals.

## Camera Club

Please visit website for meeting times. Instructor: Claude Kelly  
Website:  
[www.scphotogroup.com](http://www.scphotogroup.com)

## Ceramics

- Tuesday and Thursday
- Time: 9:00am-11:00am
- Location: Ceramic Room
- Instructor: Mary Lamson
- Please remember your \$15 annual firing fee**

## Clay (Beginning Hand-Building)

- Monday- August 31- November 16.
- Sign up starts August 17
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shivell
- Fee: \$30.00, plus \$15.00 firing fee.
- Limit 16 people
- Pay at signup, no refunds

## Clay (Intermediate Hand Building)

- Wednesday- September 2- November 18.
- Sign up starts August 17.
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shivell
- Fee: \$30.00, plus \$15.00 firing fee
- Limit 16 people
- Pre-requisite must have taken beginning hand building

## Clogging (Beginning)

- Thursday
- Time: 10:00-11:30am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

## Clogging (Intermediate) Will begin August 19.

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

## Dulcimer (Beginners)

- Tuesday
- Time: 11:00am
- Location: Atrium
- Instructor: Sharon McCurry
- Appalachian/Lap dulcimer book: Cost: \$9.99.
- Supply list available at signup

## Intermediate Dulcimer

- Thursday
- Time: 11:00am
- Location: Atrium
- Instructor: Mark Farmer

## Exercise for Everybody

- Tuesday & Thursday
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

# Fall Classes 2015

## Happy Day Singers

- Monday
- Time: 9:45am
- Inspirational signing at nursing homes

Any member wanting to participate needs to meet outside the Senior Center office each Monday at 9:00am. We travel by bus to the location where we are scheduled to sing.

## Jam Session

- Thursday, November 5
- 12:30pm
- (Next date will be TBA)

## Karaoke

- 3<sup>rd</sup> Tuesday each month
- Time: 4:00pm
- Location: Cafeteria
- Bring a snack
- Facilitated by: Gary Coates

## Knitting Class

- Monday
- Time: 1:00-3:00pm
- Location: Room 303
- Instructor: Barbara White
- All skill levels

## Lap Swimming

- Monday-Friday
- Time: 8:00am-11:00am
- Location: Aquatics Center
- No instructor, Lap swimming
- Locker room and warm water pool available for use.

## Mahjong

- Monday
  - Time: 2:00pm
  - Location: Card Room
  - Instructor: Jean Chang
- Beginners to advanced player's welcome.

## Mini Cardio

- Tuesday & Thursday
- Time: 8:45am-9:15am
- Room: 302
- Instructor: Roger Hixon

## Piano Lessons

- Thursday
- Time: 2:00pm-7:00pm
- Room: Multipurpose Room
- Instructor: Freda Karsnak
- Fee: \$15.00 paid to instructor
- Call to schedule appointment: 292-2711

## Quilting

- Monday
- Time: 9:00am-10:30am
- Location: Room 303
- Instructor: John Plutchak

## Renaissance Strings

- Tuesday
- Time: 10:00am-11:00am
- Location: Atrium
- Instructor: Mark Farmer

## Rook

- Tuesday
- 4:00pm
- Location: Card Room
- Bring snack to share

## SilverSneakers Classic

- Monday, Wednesday, Friday
- Time: 8:15am-9:00am
- Location: Gym
- Low Impact Aerobics
- Instructor: Terri Bowling

## Strength Training

- Monday, Wednesday, Friday
- Time: 10:15am-11:00am
- Location: Gym
- Instructor: Terri Farthing

## Strength Training

- Tuesday & Thursday
- Time: 9:30am-10:30am
- Location: Gym
- Instructor: Kevin Lytle

## Tai-Chi

- Wednesday
- Time: 8:30am
- Location: Room 310
- Instructor: Hang Lei

## Woodcarving

- Thursday
- Time: 9:00am-12:00pm
- Location: Room 303
- Beginners welcome

## Woodshop

- Monday, Tuesday, Wednesday
- Time: 8:30am-3:00pm
- Location: Woodshop
- Instructor: Volunteers
- Safety test required. Given 1<sup>st</sup> Monday of each month at 9:00am
- Saturday's 9-12

## Zumba

- Tuesday & Thursday
- Time: 8:15am
- Location: Gym
- Instructor: Terri Bowling

# Fall Classes 2015 Branch Site Schedule

Classes end week of November 16 unless otherwise noted.

## Core Conditioning

- Monday, Wednesday & Friday
- Time: 9:00am
- Location: Lynn View
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

## Beginning Crochet

- Friday
- 6 week class
- Time: 12:00pm-1:00pm
- Instructor: Susan Egan
- Location: Lynn View
- Cost: \$20.00; paid to instructor
- Will be making heartwarming crochet scarf
- #4 worsted weight yarn and size H hook. Limit 6

## Intermediate Crochet

- Friday
- 6 week class
- Instructor: Susan Egan
- Time: 10:00am-11:00am
- Cost: \$20.00
- Will make crocheted gingerbread tree ornaments, Limit 6

## Art Class

- Tuesday
- Time: 10:00am-12:00pm
- Location: Lynn View
- Instructor: Jo Anne McDonough

## Advanced Yoga

- Tuesday & Thursday
- Time: 11:00am-11:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

## Corn Hole

- Monday-Friday
- 9:00am-2:00pm
- Lynn View
- See Beverly to set up boards

## Artist and Crafters Monthly Breakfast

- 2<sup>nd</sup> Tuesday of each month
- Time: 10:00am
- Location: Lynn View
- Please call for reservation 765-9047 (Mon-Fri 9:00am-2:00pm)

## Yoga

- Tuesday & Thursday
- Time: 11:30am-12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

## SilverSneakers Classic

- Monday, Wednesday & Friday
- Time: 10:00am
- Location: Lynn View
- Instructor: Chris Hicks

## Dining with Diabetes

- Monday's November 2 thru November 16, 2015
- Lynn View Cafeteria
- 12:30pm-1:30pm
- Facilitated by Jennifer Banks

## Tai-Chi: Healthy Choice for People with Arthritis

- Thursdays October 22-December 17, 2015
- 12:30pm-1:30pm
- Lynn View Cafeteria
- Facilitated by Jennifer Banks

## Total Body Workout

- Monday & Wednesday
- Time: 9:30am
- Location: VO Dobbins Gym #2
- Instructor: Terri Bowling

## Self-Defense

- Thursday, November 19, 2015
- Lynn View Cafeteria
- 12:30pm-1:30pm
- Call 765-9047 to sign up

**Blood Pressure checks will be held at Lynn View from 10:00am-12noon every 2<sup>nd</sup> Tuesday of the month**

## Pickleball

- Monday, Wednesday & Friday
- Time: 10:00am and 1:00pm
- Location: Lynn View

## SilverSneakers Yoga (No Class until further notice)

- Wednesday
- Time: 11:00am
- Location: Colonial Heights Baptist Church
- Instructor: TBA

## Indoor Walking

- Monday-Friday
- Time: 9:00am-Noon
- Location: Colonial Heights Baptist Church
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

## SilverSneakers Yoga

- Tuesday and Thursday
- Time: 9:00am
- Location: Lynn View
- Instructor: Chris Hicks

## How to Pick the Right Tennis Shoes and How to Prevent Low Back Injury

- Thursday, November 12, 2015
- 10:30am-11:30am
- Lynn View
- Presentation will include: Picking the right shoe for your special walking program, Discuss the shoe design and what to look for in a shoe, Back injury prevention, Postural awareness, Discuss the appropriate lumbar exercises stretching, flexibility, trunk stabilization
- Call 765-9047 to sign up



# Kingsport Adult Education Classes



## Adult Education

### Job Skills

#### National Electrical Code Class (Commercial)

- ❖ Monday's September 28-November 16, 2015
- ❖ 6:00pm-8:00pm
- ❖ Cafeteria
- ❖ Instructor: Chris Ferrell, electrical inspector
- ❖ Cost: \$70.00 paid at sign up
- ❖ This will prepare you for the electrical code test.
- ❖ Please sign up by Sept 18 for class to go



### Cultural/Arts/Crafts

#### Self Defense

- ❖ Tuesday's- October 6- November 10, 2015
- ❖ 5:45pm-6:45pm
- ❖ Room 302
- ❖ Instructor: Police Officer Steve Hammonds
- ❖ Cost: \$30.00 for 6 week class paid to instructor first day of class.

Join us on Thursday, December 3, 2015 at the Kingsport Senior Arsitian Center Gallery, First Floor at Lynn View Community Center from 5:30PM-7:30PM.

You will enjoy delicious appetizers while you browse our beautiful handmade art. Many of our artists will be present to take custom orders.



### Health/Exercise

#### Personal Training with Chris



- ❖ Instructor: Chris Hicks
- ❖ Available by the hour or as package
- ❖ Contact Chris (423) 723-9967 for pricing

#### Tabata- High Intensity Workout

- ❖ Monday's- September 28- November 2, 2015
- ❖ 5:30pm-6:30pm
- ❖ Room 302
- ❖ Instructor: Becky Mills
- ❖ Cost: \$20.00 for 6 weeks class due 1<sup>st</sup> day of class
- ❖ Pay in senior center office

#### Piloxing

- ❖ Tuesday's/Thursday's
- ❖ 9:30am
- ❖ Colonial Heights Baptist Church
- ❖ Instructor: Terri Bowling
- ❖ Cost: \$2.00 for non members; Free to Senior Center members
- ❖ Pay for 12 classes at Senior Center office. We will give you a punch card and instructor will punch your card each class.

# Extended Travel Trips



PRESENTS A FABULOUS TRIP TO



*Located on the Beautiful Gulf Coast*

**Your 5 Day/4 Night Trip Includes:**  
**4 Nights Hotel Accommodations Including:**  
*2 Nights' at the*



*This waterfront casino resort offers something for everyone from 24-hour excitement in the spacious, luxurious casino to entertainment featuring the biggest headline acts, extravagant production shows and the hottest night-club and restaurants offering everything from exotic fine dining, ultimate comfort food or quick bite in between games. Other amenities feature world-class, indulgent treatments at the Spa and the latest must-have fashions, accessories and gifts at The Promenade Shops. Whatever your mood, palate or wallet desires, it's on the menu at the Beau Rivage!*

**4 Breakfasts and 2 Dinners Including: 1 Dinner at the Beau Rivage and 1 Dinner at the New Orleans School of Cooking** 2 Evening Receptions at your Hotel including Hot Food & Spirits

**Casino Bonus Package:**

**\$10 Free Play and 20% Voucher for the Spa**  
**Guided Tour New Orleans**

*See and experience all New Orleans has to offer. Learn about the history, food, music & jazz, culture, architecture and Katrina recovery.*

**Free Time in New Orleans French Quarter**

*The French Quarter, also known as Vieux Carré, is the oldest and most famous neighborhood in the city of New Orleans.*

Standard Taxes, Meal Gratuities and Baggage Handling

Deluxe Motor Coach Transportation

**DATE: FEBRUARY 1 – 5, 2016**

**FEE: \$549.00 (PER PERSON - DOUBLE OCCUPANCY) \$100 DEPOSIT FINAL PAYMENT DUE BY DECEMBER 11, 2015** Travel protection can be purchased at \$51.00 per person - double occupancy

**SIGN UP BEGINS: SEPTEMBER 1, 2015**

**For Information and/or Reservations, Please Contact:**  
**Shirley Buchanan @ 423-392-8403**





# Hawaiian Cruise Vacation

9 Days and 8 Nights  
With  
8 days and 7 night's aboard the Norwegian Cruise Line's  
"Pride of American"

May 27th—June 4th

Date	Day	Port
5/27/15	FRI	<b>Honolulu, Oahu</b> — Arrive and receive traditional <b>Lei</b> as a welcome to Hawaii! Transfer to your hotel and check in.
5/28/15	SAT	<b>Honolulu, Oahu</b> — Enjoy the morning on your own before <b>boarding Norwegian Cruise Line's "Pride of America"</b> and departing on your cruise!
5/29/15	SUN	<b>Kahului, Maui</b> — <b>Maui</b> is " <b>The Valley Isle</b> ," formed by two dormant volcanoes, with 10,023-ft. Haleakala being the largest. Haleakala National Park, "Lao Valley, Wailua Lookout and numerous beaches and excellent golf courses are found here.
5/30/15	MON	<b>Kahului, Maui</b> — Marvel at the beauty of <b>Kahului</b> before you ship departs @ 6:00pm
5/31/15	TUE	<b>Hilo, Hawaii</b> — Gaze up from this charming town and see snow-capped Mauna Kea Volcano. It's just one of the scenic marvels in this exotic greenhouse of lush tropical plants, towering banyan trees, thundering falls and enough flowers to fill a rainbow.
6/1/15	WED	<b>Kona</b> — Located among Hawaii's wester shore, where the slopes of Mauna Loa and Hualalai meet the sea, the Kona Coast is a region of endless lava fields and golden Pacific sunsets. The clear waters are perfect for diving, snorkeling, and deep-sea fishing.
6/2/15	THU	<b>Nawiliwili, Kauai</b> — On the sacred " <b>Garden Island</b> ", the sweet smell of Mokiha berries permeates the air and the lush green landscape intoxicates the Senses. This is where native Hawaiians come for the scenery.
6/3/15	FRI	<b>Nawiliwili, Kauai</b> — Spend another day enjoying the world's most photographed beaches.
6/4/15	SAT	Return to <b>Honolulu, O'ahu</b> — Once you disembark from the ship, depart for home with warm memories of a fabulous vacation!

**\$3524.00 Per Person Inside Cabin**  
**\$3824.00 Per Person Outside Cabin (partially obstructed)**  
**\$4124.00 Per Person Balcony Cabin**

**\$250 Down payment**  
**\$500 Due By November 1st**  
**Final Payment Due February 5th, 2016**

**For More Information and/or Reservations, Please Contact Shirley Buchanan @  
 423-392-8403**



# BE A SANTA TO A SENIOR KICKOFF PARTY

TUESDAY, NOVEMBER 3<sup>RD</sup>

2:00–4:00PM

KINGSPORT SENIOR  
CENTER CAFETERIA



Sponsored by

**Home Instead**  
SENIOR CARE®

*To us, it's personal.*

Learn how *Be a Santa to a Senior* brings Christmas cheer to seniors in need, and learn how YOU can make the season bright for local seniors!

Invite your loved ones for a fun afternoon of fellowship, Christmas music, cookies, and hot cocoa...and it's FREE!

The Kingsport Senior Center

1200 E. Center Street

Kingsport, TN 37660

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